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Weekly Bulletin



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EDITOR

Typhus Fever.

RADIO TALK No. 11.

It is generally known and recognized that certain insects and animals carry and transmit communicable diseases to human beings. Chief among these disease carriers of the animal kingdom are flies, fleas, mosquitoes, rats and ground squirrels. Flies may carry typhoid fever and other diseases. Certain types of mosquitoes transmit malaria and yellow fever. Rats and ground squirrels are responsible for the spread of plague. There is another disease-bearing insect which stands in such ill repute that its very name, if spoken at all, used to be mentioned only in whispers. The great war changed all this, however, and the "cootie" or body louse became a widespread subject of song, story and laughter. The body louse must be considered seriously, however, as it is the great factor in the spread of typhus fever, one of the most severe and fatal of all communicable diseases that afflict mankind.

Typhus fever must not be confused with typhoid fever, as it is an entirely different disease. Typhoid fever is an intestinal infection that is contracted through eating contaminated foods or drinking contaminated water. Typhus fever is an acute and often fatal disease that may be acquired through the bite of the vulgar and unmentionable body louse. The disease is always present in Mexico and cases frequently come into western states from that country. For that reason health authorities are

constantly on guard, lest the disease may get a foothold in the United States. Fortunately, our people live, generally, under favorable economic and hygienic conditions. This lessens, greatly, the danger of the disease becoming epidemic here. It is of the greatest importance, however, that camps and lodging houses, as well as the persons occupying such places, be kept free of lice. Extreme precautions in the prevention of the disease are important, for the reason that epidemics of typhus rise suddenly, generally affecting large numbers of people within a very short time.

Veterans of the World War who served in foreign countries where the disease was prevalent can remember the rapidity with which the disease spread and the large numbers of cases and deaths that occurred. In Serbia, in 1915, there were 150,000 deaths from typhus fever, and in Russia and Poland, correspondingly large numbers of deaths occurred. The disease does not occur to any extent in tropical countries because the body louse can not live in the extreme heat. In Mexico, where the disease is always present, it occurs only in the plateau region where lower temperatures prevail, because of the higher altitude. In cold climates, where unclean people herd together for warmth, the disease finds the most favorable conditions for spreading. Improved methods of sanitation, better living conditions and the prevailing popularity of personal cleanliness are driving typhus out of civilized communities. In places where soap and water are used copiously and continuously there need be little or no fear of this disease.

Canned Foods and Health.

We are all familiar with the time-worn joke of her friends presenting the gay bride with a can-opener as a sign of how greatly they appreciated her ability to cook.

In certain parts of the country there is a deep-seated prejudice against the use of foods preserved in tin containers. That there is no good basis for this feeling is demonstrated daily by the immense amount of canned food eaten with great actual benefit to the nation's health. Home canned foods are more often dangerous than are those produced by commercial houses. These latter are models of sanitary engineering practice; cleanliness of plant, employees and product makes for a clean, pure, wholesome, and safe finished product.

It is essential in any process where food is to be preserved that only perfectly sound, fresh, sweet materials be used and that an accurate formula of cooking be followed. The addition of preservatives to permit a lower temperature to be used in cooking in order that the color of the food may be retained is not good practice. While these preservatives may have no definitely harmful effect on the body they are really to be considered as adulterants. Their use was extensive, formerly, but is now prohibited by Federal enactment.

Food poisoning exists and several forms are recognized:

1. Chemical from lead, oxalic acid, poison of mushrooms.
2. Personal susceptibility—such as strawberries, tomatoes, shell fish, eggs.
3. Infected foods—typhoid, dysentery, botulism.
4. Food decomposition products.

The first group of poisons is seen in freshly cooked or raw foods, never in canned foods. Even tins which are badly corroded contain so little tin or iron in solution that it is impossible for any ill effects to follow use of their contents. It is a popular fallacy that cans must be emptied as soon as opened. Food can be left in them with safety for at least two days. Canned foods are in general free from chemical poisons.

Under the second group we are dealing with the peculiar condition of susceptibility to one or another particular food which is called "protein sensitisation," and this is the problem of the individual and not of the canner. Over-eating will cause sickness, and the use

of a diet lacking in certain ingredients will also cause illness.

It was thought for a time that canned foods would cause "deficiency diseases" but it has been demonstrated that some of these necessary health promoting substances are not destroyed by the canning process so that we can get such substances from canned foods in the winter as readily as we can from the fresh food in the summer.

The third group of poisons are all destroyed in the canning process except the germ causing botulism. This germ lives as a harmless spore in the air. It is very resistant to boiling, and requires a much higher temperature than that to be killed. In the absence of air the spore commences to grow and liberates while doing so a poisonous material called toxin. This toxin is killed by boiling. Goods containing this germ always have an unusual smell or appearance, and should be discarded without taking any chances.

In discussing the last group, "Food Decomposition Products," Professor Fellers, University of Washington, Seattle, says: "Decomposed foods are used in the daily diets of many people. Americans eat large quantities of decomposed cheeses. Chinese use fish and eggs which are more or less decayed, even the English prefer their game and fowls well 'ripened.' Such national customs substantiate the modern view of the relative infrequency of real ptomaine poisoning."

Part of the added years of life which we enjoy are due to the fact that we are able to have a great variety of safe, palatable and nutritious foods available at all times and at moderate price because of the canning industry. There is little to be feared and a great deal to be gained by a generous use of commercially canned foods of all kinds. —A. G. Long, M.D., in *Monthly Bulletin*, Indiana State Board of Health.



Welfare of Mothers and Babies in Great Britain.

An important report just published by the Minister of Health discusses the conditions affecting the welfare of mothers in Great Britain. Although the infant mortality rate in England and Wales has been reduced during this century by over half, the maternal mortality rate has remained practically stationary. About four mothers lose their lives for every thousand children born.



Give me the splendid silent sun, with all his beams full dazzling.—Walt Whitman.



Water, air and cleanliness are the chief articles of my pharmacopœia.—Napoleon.

Auditing Human Life.

We audit our business at least once a year. We pay "auditors" who spend their entire time in an industrial plant balancing the income against wages, salaries and general "operating overhead." Many people send their car to the garage before it stalls on the road. It would be an improvident man who would let his auto scrap itself before he had it overhauled, or at least, the evident repairs attended to without delay.

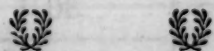
We pay expert men to study animal life and efficiency and to combat stock diseases. We hire specialists to study the problems of child health and human nutrition, because it pays. Economically, as well as financially, the money is now known to be thus well spent. Big industrial firms swell their dividends by tending to this matter alone.

But who ever heard of auditing human lives? It is, at least, a matter of actual fact. There are now institutions that make a specialty of checking up human health. There is a reason for this and the thinking public now realize its importance.

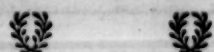
A mortality study made by a large life insurance company revealed that there was found "a reduction in the death rate of 28% in a period of five years when its policy holders were periodically examined, even though apparently physically fit." On the other hand, in a group having important impairments of health or body, "a reduction of 67% in the death rate resulted by looking into and correcting health defects before they reacted." These facts may be duplicated in the experience of many industrial firms.

Especially those enjoying good health or apparent perfect constitutions apply themselves to these benefits. The banker, the farmer—all, even the housewife, may thereby learn not only how to keep themselves well, but they can materially enhance their daily vital value to society. At the same time, many will discover inborn physical defects which, when remedied, may make for perfect health, happiness and efficiency.

Great business men set the example. Most of them now take a thorough physical examination, once or twice a year.—*Elmer F. Otis, M.D., in Healthy Home.*



Refuse to be ill.—Lytton.



It is the little things, in microbes or morale, that make us, as it is the little things that break us.—Rudyard Kipling.

The Comradeship of Science.

Science as a common fund to which all nations contribute and from which each may freely draw grows steadily in volume and in value. The world is dotted with centers of research and with individuals who are in quest of truth. These scientists are in frequent communication through the printed page, the visits of fellow workers, and international congresses. One can trace the outlines at least of a vast cooperation which tends more and more to ignore national frontiers. In this team-work of the nations the medical scientists and the sanitarians have an inspiring part. They not only feel the thrill of discovery and of high adventure in coping with the problems which challenge their knowledge and skill, but they know the satisfaction of safeguarding life and of alleviating suffering. They have, too, a sense of comradeship in enriching "the patrimony of humanity" and in attacking a common enemy. This spirit not only hastens the progress of science; it offers hope of more sympathetic insight and closer accord in world relations. By promoting the migration of scientists and administrators, by helping to diffuse more rapidly new ideas, by strengthening world centers of teaching and research, in short by fostering medical science and public health as forms of international cooperation, the Rockefeller Foundation seeks to fulfill the purpose of its charter, "the well-being of mankind throughout the world."—*George E. Vincent, President, Rockefeller Foundation.*



The sun, too, shines into cesspools and is not polluted.—Diogenes.



Harsh punishment should never have a part in the upbringing of a child because he knows nothing right or wrong. A child follows his natural inclinations, and it is the duty of the mother to guide him along the right way. A child that is often punished becomes sullen and morose as he grows older.—Federal Children's Bureau.



What About Our War Orphans?

A writer in the Iowa Bulletin of State Institutions gives some interesting comparisons between orphans of civil war soldiers and orphans of world war soldiers. At the Soldiers' Orphans' Home at Davenport, Iowa, eight hundred civil war orphans were admitted within three years after that war. During the corresponding period of time after the world war no soldier's orphans applied for admittance and only five have applied up to date.

MORBIDITY.***Diphtheria.**

135 cases of diphtheria have been reported, as follows: Los Angeles 49, Los Angeles County 16, Sacramento 11, Oakland 11, Daly City 6, Santa Clara County 1, Mendocino County 2, Modesto 3, San Jose 1, Colusa 1, Fresno County 4, Redondo 1, Alameda 4, Huntington Park 1, San Joaquin County 2, San Gabriel 1, Compton 1, South Gate 1, Watsonville 1, Santa Cruz County 1, San Bernardino County 1, Riverside 2, Pasadena 1, Eureka 1, Alameda County 2, Ukiah 1, Berkeley 4, Glendale 2, Orange County 3.

Measles.

115 cases of measles have been reported, as follows: Los Angeles 31, Los Angeles County 14, Tracy 5, Pasadena 8, Chino 6, Sacramento 6, Oakland 5, Chico 1, Fresno County 4, Whittier 1, Fullerton 1, Colton 1, Inyo County 1, Long Beach 1, Corona 4, Tehama County 2, Redding 2, Alhambra 3, Monrovia 2, Manhattan 2, Hermosa 1, Palo Alto 1, Eureka 1, Berkeley 1, Monterey County 1, Redondo 1, El Dorado County 1, Stockton 1, Calxico 1, Lassen County 1, Glendale 3, Marin County 2.

Scarlet Fever.

53 cases of scarlet fever have been reported, as follows: Los Angeles 24, Santa Clara 2, Marin County 4, Stockton 2, Los Angeles County 2, Alameda 1, Burbank 1, Sacramento 2, Mill Valley 1, Pasadena 1, Watsonville 1, San Bruno 1, Fresno County 3, San Bernardino County 1, Pomona 3, Oakland 3, Biggs 1.

Smallpox.

85 cases of smallpox have been reported, as

follows: Los Angeles 28, Los Angeles County 12, Hermosa 9, Long Beach 5, Orange County 2, Orange 2, Huntington Park 4, South Gate 3, Fullerton 2, Lassen County 1, Colton 1, Madera County 1, Madera 1, Ontario 1, Susanville 1, Sacramento 1, Pasadena 1, Brea 1, Lynwood 1, San Bernardino County 3, South Gate 1, Glendale 3, Compton 1.

Typhoid Fever.

26 cases of typhoid fever have been reported as follows: Sacramento County 2, San Francisco 1, San Joaquin County 1, Rio Vista 1, Los Angeles County 1, Colusa County 2, Long Beach 1, Burbank 1, Lompoc 1, Los Angeles 4, Brea 1, Venice 1, Glendora 1, Oakland 3, Redwood City 1, Porterville 1, Modoc County 1, California 2.

Whooping Cough.

37 cases of whooping cough have been reported, as follows: Los Angeles 14, Alameda County 5, Los Angeles County 5, Oakland 1, Huntington Park 1, Fullerton 1, Monterey Park 1, Chico 4, San Jose 1, Long Beach 3, Orange County 1.

Poliomyelitis.

4 cases of poliomyelitis have been reported, as follows: Los Angeles 1, Pittsburg 2, Orange County 1.

Epidemic Encephalitis.

2 cases of epidemic encephalitis have been reported, as follows: Napa County 1, Orange County 1.

*From reports received on July 7 and 8 for week ending July 5th.

COMMUNICABLE DISEASE REPORTS.

DISEASES	1924				1923			
	Week ending			Reports for week ending July 5 received by July 8	Week ending			Reports for week ending July 7 received by July 10
	June 14	June 21	June 28		June 16	June 23	June 30	
Anthrax.....	0	0	0	0	0	0	0	0
Cerebrospinal Meningitis.....	1	1	3	0	4	1	4	4
Chickenpox.....	339	180	197	87	188	128	84	104
Diphtheria.....	241	256	250	135	171	132	152	136
Dysentery (Bacillary).....	1	1	15	2	5	0	0	0
Epidemic Encephalitis.....	2	2	6	2	2	6	1	2
Epidemic Jaundice.....	0	0	0	0	0	0	0	0
Gonorrhoea.....	107	82	84	27	137	124	82	84
Influenza.....	7	7	1	0	15	22	18	8
Leprosy.....	0	1	2	0	1	0	1	1
Malaria.....	4	4	3	5	2	2	3	1
Measles.....	500	356	255	115	1139	830	605	550
Mumps.....	71	53	49	18	25	14	14	6
Pneumonia.....	37	37	87	15	82	39	46	36
Poliomyelitis.....	2	0	1	4	2	1	2	2
Rocky Mt. Spotted Fever.....	0	0	0	0	0	0	0	0
Scarlet Fever.....	111	134	118	53	146	134	83	82
Smallpox.....	146	133	133	85	27	22	12	21
Syphilis.....	183	81	119	56	156	126	103	51
Tuberculosis.....	202	202	220	119	158	131	154	136
Typhoid Fever.....	19	32	30	26	13	16	21	10
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	57	45	68	37	165	80	70	73
Totals.....	2030	1607	1641	786	2438	1808	1455	1307

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